

## POSTERS

### 244. ASSESSMENT OF IODINE LOAD IN IODIZED SALT IN CHISINAU GROCERY STORES ASSORTMENT

**Antonela Gherciu**

Scientific adviser: Garbuz Alexandru, University Assistant, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

**Basic.** Iodine is a trace element necessary for the synthesis of thyroid hormones. From the 30-50 mg of iodine existing in the adult organism, 8-10 mg are concentrated in the thyroid gland which show a particular affinity for this element, Sergiu Manescu said.

Professor Sergiu Manescu explain etiopatogenesis in next way: in the state of deficiency of iodine in the body, the thyroid gland is overloaded by pituitary (gland), amplifying it's activity for compensing that deficiency, but work in empty, the follicles undergoes hypertrophy, accumulate more colloid and gland volume increases occurring endemic goiter.

Physiological status and environmental conditions that increase energy expenditure of the body causes greater consumption of thyroid hormones. Therefore, children, adolescents, women during maternity and those performing strenuous activities are more susceptible to iodine insufficiency.

The endemic goiter, called endemic thyreopatic dystrophy, is manifested by decreased basal metabolism, sluggishness and fatigue in physical and intellectual activity (up to cretinism), reduced emotionality, decreased resistance to cold, delayed growth and bone mineralization (dwarfism thyroid). To prevent endemic goiter in adults under normal conditions of life are sufficient 60-70 micrograms of iodine per day (1 microgram / kg). However it appears that the optimum ration is 100-200 micrograms per day. The needs of children are estimated to be 40-50 micrograms in the first year, 70-90 micrograms for preschool children, and 120-150 micrograms for school students. Endemic goiter occurs in people who consume food and water poor in iodine.

It is estimated that 80-90% of body needed iodine comes from food.

**Materials and methods.** An effective way that prevents the endemic thyreopate dystrophy is the consumption of iodized salt. In Moldova salt fortification began in the 90s, while Romania started to fortify salt with potassium iodide since in 1952, and potassium iodate since 1963 in quantities of 20-40 mg / kg according to WHO recommendations.

To not lose iodine salt must be as pure, to keep in dry and cool and consume within the guarantee period.

We conducted market analysis assortment of salt present in food store chains in Chisinau. The assortment is presented by 27 kinds of salt pans of which 7 are chosen skip expensive. From the remaining 20 types only 6 are iodized. In laboratory conditions we tested these six types of iodized salt for iodine real presence. The experience was repeated over 15 days to see the dynamic stability of iodine in salt.

**Discussion of the results.**In most samples of salt were tested to determine the concentration of iodine in the normal range, except for only one type of salt imported from the European Union, with detected concentration of 19.42 mg / kg in the first test and 17.96 mg / kg after 15 days, which also causes an instability of iodine compound and a concentration below the initial cut.

Otherwise determined elimination of iodine from iodized salt compounds amounting to 1-4 percent within 15 days of the initial concentration after package opening.

**Conclusion.** In Moldova, most salt type on the market is non-iodized, salt predominantly gem. Iodized salt in Moldova corresponds to iodine load amounting to 83% of the total market introduced in grocery stores. To perform prophylaxis of iodine deficiency, it is recommended the use of iodized salt to exchange trade brand. Key words: salt, iodine, endemic goiter, prophylaxis

## 245. THE ROLE OF THE WEBSITE INFORMATION FOR RESEARCH FIELD

**Olga Cernelev**

Scientific adviser: Ovidiu Tafuni, PhD, Associate Professor, Deputy Chair of General Hygiene, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

**Introduction.** Globally, the Internet is used by over 2.7 billion people. According to the national report BATIM, conducted by Gemius in 2013, in the Republic of Moldova, the total number of Internet users has reached 1748635. In this context, information technologies are indispensable in everyday life. Internet is important not only for the general population, but also for documentation of all persons involved in research and innovation field. So, this paper concerns the use of the Internet in the research process, in identifying research issues using the Web for surveys to publishing research results.

**Materials and methods.** The present work is focused on optimizing the research data management by using a quick, useful, effective and the most convenient source of information – a website. NOBEZITATE was created and launch in October 2014. It was linked to the social network – Facebook. Till 2016 there were posted 114 articles in the field of nutrition and healthy diet (science, interactive, recommendations, etc.).

**Discussion results.** NOBEZITATE is a website which has the aim to promote healthy eating habits among the population from the Republic of Moldova. It is a valuable resource for researchers desiring to understand people and the social and cultural contexts within which they live outside of experimental settings, with due emphasis on the interpretations, experiences and views of 'real world' people.

NOBEZITATE was appreciated by 1396 people, where 78% are female users and 22 % are male users. The website is followed by 2,94% women and 0,5% men aged 13-17 years old; 22,9% females and 4,73% males aged 18-24 years old; 37,3% females and 8,24% males aged 25-34 years old; 9,96% females and 5,59% males among 35-44 years old; 2,44% females and 1,43 % males aged 45-54 years old; 0,57 females and 1,15 % males aged 55-64 years old and 1,36% females and 0,5 % males aged more than 65 years old.